

# COMBAT AIRLIFTER

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Little Rock Air Force Base, Ark.



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## Commander's Action Line

## When will new teen center open?

**Q. When will the new teen center open and how far in advance can someone make hourly childcare reservations at the Child Development Centers?**

**A.** Childcare and helping Airmen take care of their families is critical to readiness and among the command's top priorities.

We had hoped to have the new Teen Center open by spring break, but the contractor ran into difficulty completing upgrades to the mass notification system in the facility.

This system is required to ensure the safety of the teens who will use the new center.

Our civil engineering and contracting squadrons are working to complete the upgrade in time for the new center to open before the school year begins.

In the meantime, the 19th Services Squadron continues to offer the same fantastic programs for teens at the former teen center (by the Thomas Community Activities Center) and many youth center programs are also open for teens. For information, check the Services

insert in the paper weekly or call 987-6355.

The Department of Defense offers top notch childcare for children 6-weeks to 6-years-old in our CDCs.

At Little Rock, we don't have a waiting list for childcare.

Since March 2009, Services has invited families to take advantage of hourly childcare opportunities at the CDC. Reservations may be made seven days in advance by calling 987-6130.

This is a great service for our base and I encourage you to take advantage of this benefit.

## Unrivaled Combat Airlift for America ... ALWAYS!

## Don't fear failure

**By Chief Master Sgt. Anthony Brinkley**  
19th Airlift Wing Command Chief

Some of the people I admire the most are the ones who have the ability to keep moving ahead despite setbacks in their lives.

I believe if you live long enough you will see challenges along the way; and if you don't believe me, just keep on living. But my question is: "Do you let your setbacks stop you, or do you keep pressing toward excellence?"

This question is typically answered by how each person views failure. Some look at failure as the end of a quest, or validation that their efforts were in vain. If this is your outlook,

then there is a chance you will never reach your full potential. Yet others view failure as opportunities to learn and improve for the next attempt at a particular goal. I've heard the term to "fail forward," and it captures the mindset to

retool and refocus while viewing setbacks as setups for your comeback.

If you talk to any inventor, great athlete, leader of industry or military tactician, there will be a common chord. I believe they will all say their successes were built on the lessons learned through their failures

or others they have witnessed. The key is understanding that learning is a continuum and not a

destination, so with that in mind, never forget there will be a few potholes along the way.

Imagine if the first time your child took a step and you saw them fall you never let them attempt to walk again. Well, as ridiculous as that sounds, there are many who stopped chasing their dreams due to a small stumble along the way. Each of us have a chance to help encourage and develop those around us. So let's continue to push each other to explore new things with the understanding that failure is just a learning opportunity... and we're all learning.

Remember, failure only turns into defeat when you quit, and we're not quitters. We're Americans; not Americants.

Combat Airlift!



U.S. Air Force photo  
**Chief Master Sgt.  
Anthony Brinkley**

## ACTION LINE



U.S. Air Force photo

**Col. Gregory S. Otey**

[actionline@littlerock.af.mil](mailto:actionline@littlerock.af.mil)

The Action Line is your direct line to me. Use it if you have questions or comments about Little Rock Air Force Base, which couldn't be resolved by your chain of command or base agencies. When you e-mail, leave your name and phone number so you can be reached if more information is needed.



U.S. Air Force photo by Staff Sgt. Chris Willis

## On the cover

**Maj. Gen. Winfield W. Scott III, 18th Air Force commander, shakes hands with Gary Fletcher, mayor of Jacksonville, after a C-130J arrival ceremony at base operations July 7. General Scott piloted the aircraft during its delivery from the Lockheed-Martin plant in Marietta, Ga.**

## COMBAT AIRLIFTER OF THE WEEK



U.S. Air Force photos by Staff Sgt. Chris Willis



Above, Col. Mark Vlahos, 314th Airlift Wing vice commander, presents a coin to Tech. Sgt. Pat Carter, 48th Airlift Squadron instructor loadmaster, for his selection as the Combat Airlifter of the Week. During a flight, the flight crew experienced an unsafe gear indication. Sergeant Carter, while instructing a student loadmaster, worked on the landing gear for approximately three hours in flight to obtain a safe landing configuration, resulting in an uneventful landing without any major damage to the aircraft or crew. He recently deployed to Denmark as a key instructor for international C-130J loadmaster training. He helped train and stand up the Royal Danish Air Force's first C-130J airdrop squadron. Additionally, Sergeant Carter is the squadron's chief instructor loadmaster and is revising more than 20 loadmaster flight training profiles and developing an instructor continuity guide assuring realistic, combat-ready training to new C-130J loadmasters. Left, Sergeant Carter performs a pre-flight inspection July 6. Before being assigned to the 48 AS, Sergeant Carter was a Joint Precision Airdrop System initial cadre loadmaster and developed C-130E/H/J JPADS rigging checklists currently used in overseas combat operations.

# There's no 'I' in team

By Chief Master Sgt. Randy Patrick

314th Operations Group superintendent

There is no "I" in team. You may have heard this term used before, but I beg to differ.

I say there are "Ts" in team. Without two or more "T"ndividuals, you cannot have a team.

According to Webster's desk dictionary, team is defined as: "A group of persons joined together in some action or contest." Every team is not always successful as you normally have a losing team such as in a sporting event. The successful or winning team is comprised of individuals who are dedicated to a cause and work together to overcome obstacles to

achieve victory.

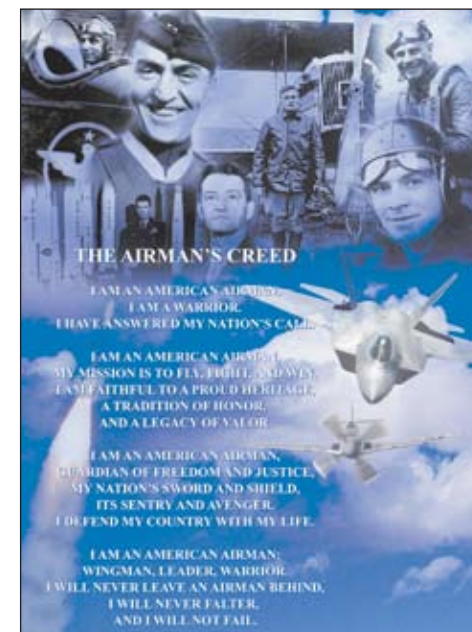
Our military is comprised of several teams that work together to meet mission objectives. Our aircraft maintenance teams provide the maintenance support to put our aircraft in the air. Our C-130 aircrew work as a team to airlift personnel and cargo to re-supply our combatant commanders and train our next generation of C-130 combat airlifters. Our medical teams work together to ensure the health of our military forces and family members. Security forces work as a team to provide security for our personnel and base infrastructure. All support organizations and many more teams do their part to complement our military teams.

All the teams comprised within our military must have one objective: to work together to maintain our nation's security. If only one of our teams should fail, it would be an obstacle that would have to be overcome by the remaining teams in order to achieve victory.

"I" am proud to be a part of our military team. "T" took an oath of enlistment swearing "T" would support and defend our Constitution of the United States against all enemies foreign and domestic. "T" pledge allegiance to the flag of the United States of America.

Our Airmen's Creed has 45 "Ts" embedded within it.

"T" say, that if anyone says to me



that there is no "I" in team, I would have to say that they are wrong. "T" am on America's Team!



# The American Team

By Col. Charles K. Hyde

314th Airlift Wing commander

The fifth 314th Airlift Wing goal is to "Represent our Air Force to our community, joint partners and allies," and as we reflect on our nation's 233rd birthday, I'd like to expound on the partnership between the military and our community, the American people.

I've stated many times that we all need others to be successful and the strength of our military comes from the support of the American people, but these are not new concepts. Our Declaration of Independence closed with these solemn words, "And for the support of this Declaration, with a firm reliance of the protection of divine Providence, we mutually pledge to each other our Lives, our Fortunes and our sacred Honor." This was not a creed written for the Continental Army or the exclusive use of the armed forces, but a pledge by civilian representatives of the American people.

Our war for independence was fought and won not solely by regulars and militia on the field of battle, but by the exertions of an entire people tethered to the cause of freedom and justice. And their exertions were many.

Consider the fifty six signers of the declaration. Almost all suffered some form of deprivation because of their stand--some were captured and tortured, many had their homes and property burned, some lost sons killed or captured, and many died either bankrupt or in abject poverty. The fate of the American people and those they elected was directly linked to the soldiers of Valley Forge and Yorktown.

Today the partnership between

our military and the American people is often more distant. This is especially true when we consider that in World War II, 16 million Americans served in the armed forces out of a population

of 120 million.

Almost everyone had an immediate family member or neighbor in uniform or lived near one of thousands of bases. The American people had a direct connection with our military which is gradually receding with the passing of the World War II, Korea and even Vietnam generations.

Today less than 1 percent of the population serves in the armed forces out of population of 310 million, and we have consolidated into fewer, more centralized bases.



U.S. Air Force photo

Col. C.K. Hyde

## AETC award



U.S. Air Force photo by Airman 1st Class Ethan Morgan

Col. C.K. Hyde, 314th Airlift Wing commander, presents Master Sgt. Martin Kayter, with an award for his selection as the Air Education and Training Squadron Readiness NCO of the year July 8.

## C-130 GRADUATES

### E-Model

#### Pilot Initial Qualification

2nd Lt. Kevin Winblad

June 29

1st Lt. Dwight Rabe

2nd Lt. Kyle Hruz

July 1

2nd Lt. Jeremy Mullins

July 2

#### Pilot Instructor

Maj. Alan Brown

Maj. Isaac Oh

July 1

Capt. Jaime Crossler

Capt. Michael McKinney

Capt. Todd Perry

Capt. Paul Plumley

July 2

### Navigator Initial Qualification

2nd Lt. Seth Hoffman

June 29

2nd Lt. Amanda Elwell

July 2

### Navigator Mission Qualification

2nd Lt. Joshua Price

July 1

1st Lt. Michael Harrington

2nd Lt. Michael Tucker

July 2

### Navigator Instructor

Capt. Ryan Finlayson

Capt. Varun Purohit

1st Lt. William Swank

July 2

C-130 GRADUATES

E-Model

Flight Engineer Mission Qualification

Tech. Sgt. James Eubank  
June 30

Loadmaster Mission Qualification

Staff Sgt. David Gabe  
Senior Airman Keith Jones  
Airman 1st Class  
Nicholas Mangham  
Airman 1st Class  
Nicholas Sabree  
July 1

Loadmaster Instructor

Master Sgt. Justin Burns  
June 30  
Staff Sgt. Sean Desrochers  
July 1

Master Sgt. Barry Benedict  
Master Sgt. Noelle Robert  
July 2

J-Model

Senior Office Course

Petty Officer 2nd Class  
Andrew White  
June 29

Pilot Transition Course

Maj. Branden Ray  
June 30

Pilot Initial Course

Capt. Ryan Peters  
June 30

Loadmaster Transition Course

Master Sgt. Stephen Hess  
July 2

Motorcycle event July 17

Motorcycle safety is a high-interest item for Team Little Rock leadership and a special event designed to educate and entertain riders of all skill levels is set for 2 p.m. July 17 at Hangar 1080

“These types of events really showcase the wide variety of biking styles available while emphasizing the importance of safe riding,” said Col Gregory Otey, 19 Airlift Wing commander. Whether you ride a cruiser, a sport bike or are simply interested in learning more about motorcycles in general this event has something for everyone.”

Events highlights include:

■ Panel discussion with guests from the Arkansas Highway Patrol and the Arkansas Motorcycle Safety office.

■ 19 AW Safety office presentation of new sport bike course schedules, course overview, accountability programs and a proposed on-base motorcycle complex

■ The Green Knights, a military-

affiliated motorcycle riders group, will have group information and sign-up sheets. The group promotes rider awareness, encourages on-going rider education and skills development in an effort to reduce potential motorcycle mishaps.

■ There will be a motorcycle skills contest to include a “slow race”, tire toss and barrel roll; contestants can sign up the day of at the event.

■ Vendors, like Landers Harley Davidson, Hard Rider Custom, Bradford Marine, Victory Motorcycles, M&M stop and more will be on-site with displays and participate in judging the motorcycle contest.

■ Family fun to include a bouncy castle, a visit from the Arkansas Twisters players and cheerleaders, food and drink specials and door prizes are also planned

The event is open to everyone. For more information, please call Joe Wooding, 19 AW Safety office at 987-6888.

## Motorcycle Safety Courses

The basic motorcycle course is required for riders to receive their mandatory motorcycle license plate stickers. The Motorcycle Safety Foundation Basic Rider Course will be held August 20 and 21 and September 10 and 11. The course requires a motorcycle permit or a driver's license with a motorcycle endorsement. The Experienced Rider Course is July 17 and September 25. The Air Mobility Command Sports Bike Rider Course is July 23 and 24. For more information, contact unit motorcycle safety representatives or call Richard Myers at 987-3599. The Sport Bike Training Course will also be scheduled for July 13 and 14, July 20 and 21, July 23 to 24 and August 3 and 4 at the Christmas Tree area. To sign up or for more information, call Joe Wooding at 987-6888 or Master Sgt. John Berner at 987-6998.

## Sponsorship age requirement change

Effective Wednesday, to acquire a visitor's pass for a guest at Little Rock AFB, the sponsor must be a minimum of 18-years-old and have a valid ID card. Any visitor requesting a pass must present a valid driver's license, state-issued registration and either personal or corporate-issued liability insurance. No visitor will be issued a pass without the sponsor present. Passes may be issued for up to five days. If the pass is needed for longer than five days, the sponsor and visitor must report to the pass and registration office at Bldg. 1255 with their pass issued from the visitor's center.

## Change in Catholic service

The chapel is currently acquiring a civilian Catholic priest to perform services at Little Rock AFB. Until the new priest arrives, Catholic Mass will be held each Saturday 5 p.m. at the chapel annex. Sunday Mass will resume in the base chapel once the priest is on station. For more information

or for a listing of other Catholic services available in the local community, call the base chapel at 987-6014.

## Drinking water report available

The 2008 Little Rock Air Force Base drinking water consumer confidence report are now available. This report is designed to inform residents about the quality of water delivered to the base every day. A copy of the 2008 Consumer Confidence Report has been provided to all base housing and dorm residents; anyone residing off base and desiring a copy may call Bioenvironmental Engineering at 987-7398.

## Legal Office closed today

The legal office will be closed today for an official function and team building activity. For emergencies, call the on-call Judge Advocate General through the command post at 987-1900.

## Vandenberg Gate inbound lanes closed Saturday

The Vandenberg Gate inbound lanes will be closed from 7 a.m. through approximately 3 p.m. Saturday for repair of the gate canopy overhead fan. Traffic will be diverted through the vehicle inspection station during this time. For more information, call Master Sgt. Kirk Doll at 987-5636 or e-mail at [kirk.doll@littlerock.af.mil](mailto:kirk.doll@littlerock.af.mil).

## School gate closes Monday

The Harris Road (School) Gate will be closed beginning Monday to facilitate various base construction projects. The gate will be reopened when school starts in August.

## Airmen Against Drunk Driving meeting Tuesday

An Airmen Against Drunk Driving meeting will

be held at 1 p.m. Tuesday at Bldg. 1222, Room 129. For more information, call Tech. Sgt. Michael Goodwin at 987-5311 or 987-8583.

## Retirement ceremonies

A retirement ceremony for Chief Master Sgt. James Sargent Jr., 19th Operations Group superintendent, is 2 p.m. Thursday at the conference center. For more information, call Master Sgt. Lee Plekker at 987-1561.

A retirement ceremony for Chief Master Sgt. Brian Riddle, 314th Aircraft Maintenance Squadron C-130J aircraft maintenance unit superintendent, is 2 p.m. July 17 at the conference center, Bldg. 1032. For more information, call Master Sgt. Anthony Ocampo at 987-6613.

## Submission of purchase requests cutoff dates scheduled

In preparation for fiscal year end, the 19th Contracting Squadron has established the following cutoff dates for submission of requests for purchase. Requirements over \$100,000 for Open Market, non-GSA, are due July 15 and GSA Purchases are due July 31. Requirements under \$100,000 for Open Market, non-GSA, are due July 31 and GSA Purchases are due Aug. 14. Requirement packages must be complete, with adequate purchase descriptions and statements of work, and must include all necessary supporting documentation, if applicable. Incomplete packages will be returned to the customer. For more information, call Betty Rosewaren at 987-8123.

## Blood Drive July 16 and 17

A base blood drive is scheduled for 10 a.m. to 4 p.m. July 16 and 17 at the Thomas Community Activity Center for anyone 17 years or older. For eligibility for donations, visit [www.redcross.org/en/eligibility](http://www.redcross.org/en/eligibility). For more information, call 1st Lt. Keith Harbeson at 987-3870.





## Crime in base housing drops, thanks to cops, vigilance

**By Airman 1st Class Rochelle Clace**

*19th Airlift Wing Public Affairs*

An increase in crime at Little Rock Air Force Base had been plaguing servicemembers living in base housing from January to June. The majority of the crimes were reported in March and April.

"Recently there was a spike in personal property thefts at Little Rock AFB's housing area, which affected more than 20 families losing high value items out of their vehicles, including the theft of a vehicle," said Capt. Robert Shaw, 19th Security Forces Squadron operations officer.

Security forces statistics show a total of 25 thefts reported in base housing this year, which is unusually high compared to past years.

"Twenty one break-ins were reported throughout March and April 2009 alone," said Captain Shaw. "Over the past seven years, the base has averaged 3.5 thefts in March and five in April."

The thefts were investigated by Rodney Kizzia and Adam Neely, 19th SFS investigators and Jacksonville Police Department due to civilian involvement in the crimes.

"Two of the three suspects were non-military affiliated and were brought on base by family members of servicemembers," said Investigator Kizzia.

As a reminder to base personnel, the current sponsorship age is 18 and servicemembers must be aware of whom they and their dependents are sponsoring onto base. The responsible

military member is held accountable for all actions of their dependents and guests.

"Due to the 19th SFS arrests and help from base housing residents, property theft trends have dramatically reduced," said Captain Shaw. "There was only one reported property theft in May and none in June."

Any visitor requesting a visitor pass must present a valid driver's license, state-issued registration and either personal or corporate-issued liability insurance. No visitor will be issued a pass without the sponsor present. Passes may be issued for up to five days. If the pass is needed for longer than five days, the sponsor and visitor must report to the pass and registration office at Bldg. 1255 with their pass issued from the visitor's center.

According to the Security Forces investigation team, even with the downward trend in property thefts, Airmen should remember to secure their personal items and lock their homes and vehicles to deter criminals from targeting them.

"It's extremely important for everyone to remain vigilant and lock up valuables as this will deter most property thefts," said Investigator Kizzia.

They should also report suspicious activity to the law enforcement desk at 987-3221 or crimes in progress to the crime stop line at 987-6600.

"Everyone can do their part to prevent crime and keep members of Team Little Rock safe," said Captain Shaw.

# C-130J delivered to 'the Rock'

**By Senior Airman Nathan Allen**

*19th Airlift Wing Public Affairs*

The 19th Airlift Wing welcomed its 16th C-130J aircraft at an inaugural ceremony at base operations July 7.

"This is an exciting day as we bring our twelfth 'Super Hercules' home to the C-130 'center of the universe' right here at Little Rock Air Force Base," said Col. Greg Otey, 19th Airlift Wing commander. The cargo aircraft is the 12th J model purchased from Lockheed-Martin in the current buy.

The plane, flown to Little Rock Air Force Base by Maj. Gen. Winfield W. Scott III, 18th Air Force commander, was delivered from the Lockheed-Martin plant in Marietta, Ga. The plant, he stated, was an impressive place to visit as he observed the skilled craftsmen who assemble the mighty C-130s.

"I had an opportunity to tour the plant and meet the fine men and women that put the C-130Js together," he said. "You'd

be quite proud of them. They're very motivated and they're very dedicated to producing the best C-130 aircraft in the world today."

General Scott expressed his pride in being able to bring the last C-130 to the "Home of Combat Airlift."

"To have the opportunity to deliver this twelfth C-130J to Little Rock is an honor second to none," he said.

According to Colonel Otey, this airlifter belongs to everyone on base and the task of keeping the base's newest C-130J fit to fight belongs to each and every Airman at the Rock.

"Accomplishing our mission and the mission of the C-130J doesn't start when the aircrew turns on the four fans of freedom," he said. "It starts with each and every one of the unsung heroes at the Rock who support the mission behind the scenes."

The 314th Airlift Wing's 48th Airlift Squadron has seven C-130Js.



*U.S. Air Force photo by Staff Sgt. Chris Willis*

**Maj. Gen. Winfield W. Scott III, 18th Air Force commander, hands the key to Little Rock Air Force Base's newest C-130J aircraft to Tech. Sgt. Stephen Pearson, 19th Aircraft Maintenance Squadron flying crew chief, July 7. General Scott piloted the aircraft during its delivery from the Lockheed-Martin plant in Marietta, Ga.**





# Command Post earns top Air Force award

By Staff Sgt. Nestor Cruz

19th Airlift Wing Public Affairs

One of Team Little Rock's units was recently recognized as the Air Force's best.

The 19th Airlift Wing's Command Post cinched the service's Best Large Unit award. The command post award recognizes its place as the hub of activity for the Air Force's C-130 center of excellence.

"A significant portion of the award package is drawn from the sheer volume of work put out by our controllers," said Master Sgt. James Ward, 19th AW Command Post superintendent. "We track more aircraft than any other Air Mobility Command base and submit more operational reports than other Air Education and Training Command base."

Sergeant Ward said the large volume of taskings is due to the fact the command post supports three different wings, a unique Little Rock Air Force Base trait. "We coordinate through the commanders for the 19th AW, 314th Airlift Wing and 189th Airlift Wing

when submitting operational reports," he said. Little Rock's recent switch from an AETC base to an AMC base late last year was a determining factor when the unit submitted their award package.

"Since we were an AETC base for most of the year, we had to submit our award package as an AETC base," said Sergeant Ward. "Next year we will submit our package as an AMC base and I'm confident we'll be just as competitive." Senior Airman Jimmie Johnson, 19th AW Command Post emergency action controller, said the unit's success is a combination of teamwork and communication.

"Teamwork and communication helped us get our job done in spite of our low manning and long work days," he said. "Earning this award recognizes our ability to do more with less." Airman Johnson said earning the award gave him a sense of confidence. "Earning the best large unit award gave me the confidence to continue doing my best at my job," he said.

The command post superintendent said the award is a true team award

in which everyone can take credit.

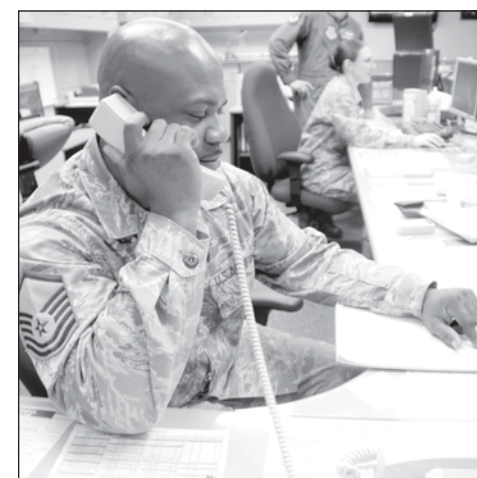
"The award speaks huge volumes about the quality of our people," said Sergeant Ward. "Our controllers and training managers constantly step up to pump out work in spite of the long hours. They all worked together and earned an 'excellent' rating during the last operational readiness exercise and made it happen."

For Maj. Wesley Sweitzer, 19th AW Command Post chief, earning the best large unit award was made possible by his team of professional Airmen.

"Earning this Air Force level award really speaks of the quality Airmen here and the tireless work they do every day," said Major Sweitzer. "We have a distinct culture in which everyone here is like family and have a true interest in helping each other out to get the job done."

Sergeant Ward said every member of his team recognizes the award's significance and will continue to live up to the Air Force core values.

"We'll continue to do our job to the best of our ability," said Sergeant Ward. "Command Post is more



U.S. Air Force photo by Staff Sgt. Nestor Cruz

**Master Sgt. Prezell Hudson (left), 19th Airlift Wing command post emergency action controller, voices operational reports over the phone to higher headquarters July 8. The command post was recently named Command Post Annual Award for Best Large Unit in the Air Force.**

than just the giant voice. We have many responsibilities to support our warfighters and get the mission done."





# Military kids can ‘enlist’ in free summer camps

**By Elizabeth Fortune**

*University of Arkansas Division of Agriculture  
Extension communications specialist*

Having one or both parents, in the military can be tough on kids. Having a parent deployed overseas can be even tougher. To help kids cope with the stresses they experience from having military parents, the University of Arkansas Division of Agriculture's 4-H youth development program is partnering with various groups to offer summer camps for military kids.

Most of the camps are provided free of charge. However, a select few will require a registration fee of \$10.

The camps are offered as part of Operation: Military Kids. OMK provides support for children of military personnel throughout the year. OMK

is a military partnership program of Arkansas 4-H, the youth development program of the Cooperative Extension Service, which is part of the University of Arkansas Division of Agriculture. All 4-H programs, including OMK, are offered to all youth ages five to 19 regardless of race, color, national origin, religion, gender, disability or any other legally protected status.

Four different types of camps are offered in July and August: bicycle safety camps, movie camp, camo camp and Arkansas Cycling Camp and Tour. These camps are free to military kids with the option of purchasing a T-shirt for \$10. Bicycle safety day camps will be offered 10 times from late July to late August. These one-day bike rides explore historical and natural resources throughout the state. Youth ages 9 to 19-years-old are

eligible to participate, but registration is limited to the first 10 youth.

For the budding filmmaker, a movie camp in August will teach campers everything they need to know to produce their own film. Skills taught during the camp include basic videography skills, storyboarding, shooting and editing. Campers will create public service announcements and documentaries about the special needs of military families. Dates for this camp are Aug. 3 to 7. This camp will accept 20 youth ages 13 to 18-years-old. This camp is also open to non-military youth.

The adventurous, outdoorsy camper will enjoy Camo Camp Aug. 9 through 13. Activities include all-terrain vehicle safety and hands-on driving instruction, canoeing, wildlife ecology, archery and a cardboard boat

construction and race competition. Camo Camp will take 40 youth ages 12 to 18-years-old.

If cycling and camping are more exciting for the camper, they can register for the Arkansas Cycling Camp and Tour Aug. 9 through 13. Campers will learn bicycle safety and maintenance for both on- and off-road biking. They will take day tours and conclude the camp with an overnight camping experience. Youth ages 12 to 18-years-old are eligible for this camp.

All camps are held at the Arkansas 4-H Center in Ferndale, unless otherwise noted. For registration forms for all the camps, visit [www.uaex.edu](http://www.uaex.edu) and click on the dog tags near the bottom of the page, or contact Maureen Rose, at [mrose@uaex.edu](mailto:mrose@uaex.edu) or 501-671-2066. Registration forms and fees, if applicable, are due July 17.









*U.S. Air Force photo by Staff Sgt. Nestor Cruz*

**Staff Sgt. LaTanza Meabon-Whiteside, 19th Logistics Readiness Squadron logistics planner, delivers her contest-winning performance of Aletha Franklin's "Chain of Fools" during the Air Mobility Command Icon contest at the large base lake July 4. The winner of the contest will go on to compete against other base winners at AMC headquarters at Scott Air Force Base, Ill.**

# Celebrating Independence



**Airman Lausanne Pacheco, 19th Airlift Wing Public Affairs photographer, sings "Someone to Watch Me Burn" for the crowd's enjoyment.**



*U.S. Air Force photo by Staff Sgt. Nestor Cruz*

**Senior Airman Michael Watkins, 19th Airlift Wing Public Affairs broadcaster, sings an original rendition of the Temptations "My Girl."**



*U.S. Air Force photo by Staff Sgt. Nestor Cruz*

**2nd Lt. Aaron Peterson, 19th Operations Group Intelligence analyst, entertains the crowd with an energetic performance of Elvis Presley's "Jailhouse Rock."**



**Attendees of the 4th of July festivities at the base lake July 4. Fireworks, a singing contest, and a Day celebration.**



# nce Day



U.S. Air Force photo by Airman 1st Class Ethan Morgan  
**Over Me” by George Gershwin**



U.S. Air Force photo by Staff Sgt. Nestor Cruz  
**Audience members enjoy the lyrical skills of the Air Mobility Command Icon contestants July 4.**



U.S. Air Force photo by Airman 1st Class Ethan Morgan  
**at the large base lake line up for a snow cone and laser tag highlighted the Independence**



U.S. Air Force photo by Staff Sgt. Nestor Cruz  
**Chief Master Sgt. Bionca Lindsey, 19th Medical Group superintendent, passes out free ice cream to attendees of the 4th of July festivities at the large base lake July 4.**



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# Don't lose cool to heat injuries

By Maj. Darryn Bryant

19th Aerospace Medical Squadron Aerospace and Operational Physiology Flight commander

*Editor's Note: This is the first in a series of three stories.*

Whether deployed to Southwest Asia or operating stateside during the summer heat, many of our military operations take place under extremely hot conditions.

Because of the insidious nature of heat illnesses, heat injuries frequently result because people often don't recognize the symptoms until it's too late. Our body's protective cooling mechanism against heat injury is sweat. As long as we can sweat and the sweat can evaporate, we can continue to cool ourselves efficiently. If either the sweating mechanism begins to fail or the sweat cannot evaporate, then the cooling mechanism will fail and heat injuries may occur.

On hot, humid days, our cooling system is extremely inefficient. It becomes relatively easy to overheat because the sweat cannot evaporate. The evaporation of sweat accounts for 90 percent of our cooling ability.

Additionally, our ability to sweat diminishes as we become dehydrated. We lose body fluids in many ways every day. Sources of fluid loss include respiration, perspiration, urination and

defecation. The loss rate from each of these varies according to activity levels, air temperature, humidity and altitude. With normal daily activities, we typically lose about one to two liters just from respiration, and another 1-2 liters from normal perspiration. During heavy exertion, we can lose eight to 10 liters of fluid over an afternoon of exercise or heavy activity. A 150-pound person can lose two percent of his body weight - three pounds - of fluid in just one hour! Since muscles are made up of about 70 percent water, this can definitely affect our ability to continue to do both aerobic and anaerobic work.

How much fluid do you need? One of the best ways to judge your hydration status is to check the color of your urine. It should be relatively odorless and no darker than the color of straw. The rule of thumb is "clear fluids in, clear fluids out." A dehydrated person is more susceptible to developing a heat-related illness. Early symptoms of dehydration include thirst, fatigue, loss of appetite, lightheadedness and flushed skin. Later symptoms include difficulty in swallowing, stumbling, numbness, blurred vision, painful urination, muscle spasms and delirium. It's extremely important to pay attention to these early symptoms so heat illnesses, such as heat exhaustion and

# Services, MSS merge to maximize customer service

By Nicholasa Reed

19th Services Squadron Marketing

In line with the Air Force-wide merger of services and mission support squadrons, Little Rock will officially follow suit and activate the 19th Force Support Squadron July 14.

The 19th Mission Support Squadron will deactivate and the 19th Services Squadron will be re-designated as the 19th Force Support Squadron, which will remain a part of the 19th Mission Support Group.

"The merger will be transparent to our customers," said Lt. Col. Jeffrey Collins, 19th SVS commander. "They can count on getting the same great service from the same facilities and offices they expect."

Air Force leaders initiated the merger to maximize customer service, reduce costs inherent with maintaining separate organizations and to modernize processes.

"For us internally, this is a very exciting time," said Lt. Col. Lisa Redinger, 19th MSS commander. "We're merging

two of the base's prominent squadrons that touch everyone on base. Both squadrons are set up to take care of people always, and that's what the new FSS will do."

Six bases across six commands were selected to test the new squadron model two years ago. The test bases helped establish where specific responsibilities and processes should be placed within the organizational structure and how they should be set up.

"Many on base haven't noticed, but we've already merged many of our squadron's functions to ensure the merger goes seamlessly," said Colonel Collins. "We talked to several bases that completed mergers before us and took those lessons learned into account during our planning."

The new Air Force-wide merger is expected to be completed by all bases by early 2010.

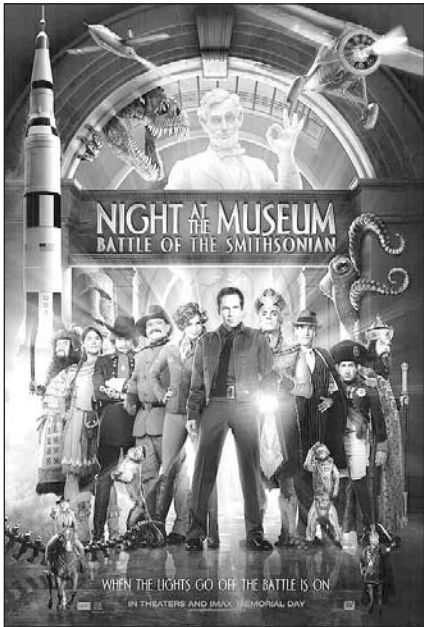
"It's an exciting time to be part of this. The new commander will have what Colonel Collins and I consider will be the best job on base: taking care of people," Colonel Redinger said.

MOVIES

987-6461  
Adults: \$4  
12 and under: \$2

FRIDAY, 7 P.M.  
Night at the Museum

Ben Stiller, Amy Adams  
Rated PG  
105 minutes.



SATURDAY,  
7 P.M.  
Up

Edward Asner, Jordan Nagai  
Rated PG  
96 minutes.







# Fitness Center keeps Combat Airlifters Fit to Fight

By Ashley Mangin

*Volunteer contributor to the Combat Airlifter*

The base fitness center is making it easier than ever for Combat Airlifters and their families to stay “Fit to Fight.”

With a wide variety of exercise equipment, fitness classes and even a smoothie bar, the fitness center provides exercise opportunities for nearly everyone. All activities are open to military ID card holders.

For military members looking to ace their PT test, the center has introduced the Burn Hour, an exercise class specifically designed to raise PT scores.

“The Burn Hour class was so successful that we added a 7 a.m. Burn Hour class due to the success of the 3 p.m. class,” said Master Sgt. Christina Taylor, 19th Services Squadron Fitness and Sports Center section chief. “The class has a variety of exercises and offers a good workout.”

“We also have the spin classes and recently added Zumba, which is kind of a dance class that uses Latin music and easy to follow



*U. S. Air Force photo by Senior Airman Jim Araos*

**Scarlett Goad, 19th Medical Group dietician, instructs a class how to do planks during a Burn Hour session at the fitness center on base April 27. The class has a variety of exercises and offers a good workout specifically designed to raise PT scores.**

moves for a fun aerobic workout,” she added.

The fitness center has a family room where parents can work out and children can play. Parents must remember to remain with their children at all times.

“Classes and programs at the fitness center are always being updated and improved so people should be on the lookout for flyers of new events,” said Sergeant Taylor.

The Health and Wellness Center, located in the fitness center, teaches

Fit Women and an exercise class for pre- and post-natal classes. They also offer Silver Steppers, a class designed for older adults who desire light weight training, low impact exercise and mild stretching. Nutrition classes are also available at the HAWC.

According to the Team Little Rock Resource Guide, the HAWC is a one-stop shop for health information and prevention programs, dedicated to providing the knowledge and support needed to stay committed to a healthy lifestyle. When people visit the HAWC, they will receive the knowledge and support needed to make and stay committed to a healthier lifestyle.

There are age limits for some classes, but families are welcome to join them. Because good nutrition fuels fitness, the center’s smoothie bar menu includes a variety of flavors and additions like protein powder to help exercise buffs get the maximum benefit out of their workout.

For more information, call the fitness center at 987-3283 or the HAWC at 987-7288.

**HERCULES DINING FACILITY MENU: TODAY THRU THURSDAY**

TODAY	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
Lunch	Brunch	Brunch	Lunch	Lunch	Lunch	Lunch
Shrimp Scampi, Beef Stew, Roast Turkey, Egg Noodles, Steamed Rice, Corn on the Cob, Cauliflower, Collard Greens	Savory Baked Chicken, Swedish Meatballs, Creole Shrimp, Mashed Potatoes, Steamed Rice, Creamed Corn, Asparagus, Summer Squash	Oven Fried Fish, BBQ Spareribs, Chicken Breast Parmesan, Baked Macaroni and Cheese, O'Brien Potatoes, Peas, Sweet Potatoes, Broccoli Combo	Roast Pork Loin, Pot Roast, Baked Stuffed Fish, Steamed Rice, Oven Browned Potatoes, Cauliflower Combo, Succotash, Green Beans with Mushrooms	Teriyaki Chicken, Veal Parmesan, Alaska Cheddar Baked Fish, Parsley Buttered Potatoes, Steamed Rice, Steam Carrots, Succotash, Fried Cabbage	Mexican Chicken, Beef Enchiladas, Tacos, Chicken Fajitas, Refried Beans, Spanish Rice, Potato Wedges, Mexican Corn	Herbed Baked Chicken, Beef and Noodles, Fried Catfish, Black-eyed Peas with Rice, Mashed Potatoes, Sweet Potatoes, Mixed Vegetables, Peas
Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
Chili Macaroni, BBQ Chicken, Fried Catfish, Crispy Potato Wedges, Spanish Rice, Fried Cabbage, Steamed Carrots, Broccoli	Baked Fish, Simmered Knockwurst, Chinese Five Spiced Chicken, Parsley Buttered Potatoes, Spicy Brown Rice Pilaf, Vegetable Stir Fry, Boston Baked Beans, Spinach	Stir Fry Beef with Broccoli, Turkey Nuggets, Pork Chop Suey, Mushroom and Onion Sauce, Rice Pilaf, Baked Potatoes, Corn on the Cob, Green Beans	Spaghetti with Meat Sauce, Strip Loin Steak, Roast Turkey, Baked Potatoes, Pea and Pepper Rice, Summer Squash, Glazed Carrots, Broccoli, Sautéed Mushroom and Onions	Country Capt. Chicken, Meat Loaf, Turkey Ala King, Steamed Rice, Mashed Potatoes, Mustard Greens, Tempura Vegetables, Okra and Tomato Gumbo	Lemon Herb Chicken, Sweet and Sour Pork, Jambalaya, Steamed Rice, Scalloped Potatoes, Cauliflower Combo, Mexican Corn, Broccoli	Roast Pork Loin, Chicken Cordon Bleu, Veal Jaeger Schnitzel, Orange Rice, Potato Halves, Steamed Carrots, Simmered Pinto Beans, Corn Combo
Short order specials			Short Order Specials	Short Order Specials	Short Order Specials	Short Order Specials
BBQ Pork Sandwich, Burritos			Grilled Polish Sausage, Steak and Cheese Sub	BBQ Beef/Sloppy Joe, Roast Beef Sub		Potato Bar, Italian Pepper Beef Sandwich
Monday - Friday: Breakfast 6 a.m. - 7:30 a.m., Lunch 10:30 a.m. - 1 p.m., Dinner 4 p.m. - 6:30 p.m. • Saturday, Sunday & Holidays: Brunch 8:30 a.m. - 1 p.m., Dinner 5 p.m. - 7 p.m.						



COMBAT AIRLIFTER CALENDAR OF EVENTS

Today

8:15 a.m. – Retiree breakfast  
at Hangar 1080

Tuesday

2 p.m. – 19th Mission Support Squadron/  
Services Squadron Change of Command and  
19th Force Support Squadron activation at  
Hangar 1080

July 17

7:30 a.m. – Rodeo send-off breakfast at Han-  
gar 276

July 27 to July 25

Rodeo 2009

July 21

6 p.m. Airman Leadership School graduation  
at Hangar 1080

July 30

7:30 a.m. – Quarterly Awards Breakfast at  
Hangar 1080

Aug. 4

314th Maintenance Group  
Change of Command at Hangar 1080

Aug. 7

7 a.m. – Wing Command Run

Aug. 14

8:15 a.m. – Retiree breakfast at Hangar 1080

Aug. 18

6 p.m. – Deployed Family Dinner at Thomas  
Community Activity Center

Aug. 20

9 a.m. – Marriage seminar at Holiday Inn  
Presidential, Little Rock

Chapel – 987-6014

Catholic

Saturday Mass.....5 p.m.  
Saturday confession 4-4:45 p.m. (or by appointment with Catholic chaplain)  
Catholic Religious Education.....8 a.m.  
Daily Mass - Wednesday....7 a.m., Tues., Thurs., Fri.....11:30 a.m.  
  
Youth groups - 2nd/4th Wednesdays  
Call chapel for youth group times.

Cathlic Women of the Chapel meet 3rd Tues-day monthly.....6:30 p.m.

Protestant

Sunday services  
Liturgical .....8 a.m.  
Traditional .....11 a.m.  
Gospel..... 12:30 a.m.  
Contemporary .....6 p.m.  
(service held at Crossroads Cafe behind the Conference Center)  
  
Protestant women of the chapel  
1st, 2nd & 3rd Mondays.....7 p.m.  
  
Jr. youth groups meet first and third Tuesdays at the Chapel Annex; call chapel for times.

Ecumenical

Prayer Ministry (Tuesdays)..... Noon  
Bible studies in conference room  
Men (Wednesdays) ..... Noon  
Everyone (Thursdays) ..... Noon  
Freedom Way (Thursdays).....6:30 p.m.

Other Faiths/Services

Call the chapel for places and times.

Base phone numbers

Airmen Against Drunk Driving .....	987-2233	HERK line .....	987-4375
Airman’s Attic, Bldg. 830 .....	987-6777	Housing office, Bldg. 1995 .....	987-6287
Alterations, Bldg. 988 .....	988-9235	Laundry and cleaners, Bldg. 960 .....	983-1616
Base Exchange, Bldg. 940 .....	988-1150	Legal office, Bldg. 1250 .....	987-7886
Base locator, Bldg. 988 .....	987-6025	Military mail room, Bldg. 864 .....	987-3478
Base Operator .....	987-1110	Gov’t transportation, Bldg. 551 .....	987-6086
Beauty Salon, Bldg. 960 .....	988-1900	OSI .....	987-6116
Bowling Alley, Bldg. 596 .....	987-3388	OSI Hotline .....	779-0043
BXtra, Bldg. 960, AAFES .....	988-1072	Optical shop, Bldg. 960 .....	988-2761
Billeting front desk, Bldg. 1024 .....	987-6753	Outdoor Recreation, Bldg. 460 .....	987-3365
Billeting switchboard, Bldg. 1024 .....	988-1141	Pass and ID, Bldg. 1255 .....	987-6831
Burger King, Bldg. 789, AAFES .....	988-4412	Popeye’s Chicken .....	988-1374
Career Asst. Advisor, Bldg. 710 .....	987-5905	Post Office, Bldg. 966 .....	987-3695
Chaplain, Bldg. 950 .....	987-6014	Public Affairs, Bldg. 830 .....	987-3601
Chaplain, 314th AW (after hours) .....	987-3200	Recycling center, Bldg. 1568 .....	987-6611
Class Six/car care/shoppette, AAFES .....	988-2301	Saddle club .....	987-3762
Clinic appointments, Bldg. 1090 .....	800-557-6815	Security Forces .....	987-3221
Clinic appointments, Bldg. 1090 .....	987-8811	Sexual assault hotline .....	987-7272
Clothing sales, Bldg. 988 .....	987-3250	Shoppette, Base Lake .....	988-4841
Combat Airlifter, Bldg. 830 .....	987-5855	Shoppette, Class Six .....	988-2301
Command post (24 hours) .....	987-1900	Smoothie King, Bldg. 827 .....	983-8080
Commissary, Bldg. 790 .....	987-3203	Snack Bar/Mobile Unit, Bldg. 540 .....	987-5189
Conference center, Bldg. 1030 .....	987-8767	Specialty Shop, Bldg. 960 .....	988-4000
Hangar 1080, Bldg. 1080 .....	987-5555	Theater, Bldg. 461 .....	987-6461
Credit union .....	982-1000	Thrift shop, Bldg. 960 .....	988-1191
Crime Stop, Bldg. 480 .....	987-6600	Ticket and tours, Bldg. 868 .....	987-6921
Dental clinic, Bldg. 1090 .....	987-7304	Transient barracks CQ, Bldg. 1024 .....	987-6753
Education Center, Bldg. 840 .....	987-3417	Vehicle registration, Bldg. 1255 .....	987-6338
Family Support Center, Bldg. 668 .....	987-6801	Veterinary Clinic, Bldg. 648 .....	987-7249
Finance cust. service, Bldg. 1255 .....	987-8294	Other phone numbers	
Fire reporting, Bldg. 110 .....	911		
First-Term Amn’s Ctr., Bldg. 710 .....	987-1415		
Florist, Bldg. 960, AAFES .....	988-4537		
Fraud/waste/abuse, Bldg. 480 .....	987-6116		
General Nutrition Ctr., Bldg. 960 .....	988-0561		